SPRING HAS SPRUNG RUN
Hidden Valley Lake, California
May 30, 2009
5K & 10K Overall Winners

MALE – 5K OVERALL TOP 3 – 19 & UNDER

Place	Name	Sex	Age	City	State	Time	Pace
1	Kenny Smith	M	19	Willits	CA	16:32	5:20
2	Nathan Paddeck	M	16	Lincoln	CA	17:01	5:29
3	James Ramirez	M	17	Healdsburg	CA	18:03	5:49

FEMALE - 5K OVERALL TOP 3 – 19 & UNDER

Place	Name	Sex	Age	City	State	Time	Pace
1	Kelsey Welton	F	18	Hidden Valley Lake	CA	24:35	7:55
2	Alexis Valdovinos	F	16	Hidden Valley Lake	CA	24:41	7:57
3	Tania Nance	F	15	Hidden Valley Lake	CA	26:28	8:31

MALE – 5K OVERALL TOP 3 – 20+

Place	Name	Sex	Age	City	State	Time	Pace
1	Clinton Stevens	M	35	Calistoga	CA	18:11	5:51
2	Dave Smith	M	51	Willits	CA	21:27	6:55
3	Jesus Salazar	M	46	Ft Bragg	CA	21:37	6:58

FEMALE – 5K OVERALL TOP 3 – 20+

Place	Name	Sex	Age	City	State	Time	Pace
1	Sara Edwards	F	34	Hidden Valley Lake	CA	21:57	7:04
2	Melissa Kinsel	F	35	Hidden Valley Lake	CA	25:59	8:22
3	Erin Smith-Hagberg	F	45	Lakeport	CA	27:50	8:58

********** 10K RUN OVERALL TOP 3 **********

MALE – 10K TOP 3

Place	Name	Sex	Age	City	State	Time	Pace
1	Evan Chang	M	49	Hidden Valley Lake	CA	40:41	6:33
2	Jeff Schlyer	M	43	Hidden Valley Lake	CA	43:14	6:58
3	Joe Flores	M	32	Vallejo/Napa	CA	46:00	7:25

FEMALE – 10K TOP 3

Place	Name	Sex	Age	City	State	Time	Pace
1	Linda Boatright	F	41	Kelseyville	CA	49:17	7:56
2	Chiyako Ito	F	42	Hidden Valley Lake	CA	52:44	8:30
3	Aftan Burnett	F	26	Napa	CA	53:12	8:34